

Make this a healthy deployment

The 332nd Expeditionary Medical Support Clinic is located in building 4031, across from Dining Facility 2.

Sick call hours are Monday through Saturday, 7 to 10 a.m., and Sunday from 8 to 10 a.m.

Walk-ins are Monday through Saturday, 10 a.m. to 5 p.m. and Sundays from 10 a.m. to noon.

The Army has two facilities that can be used by Air Force personnel. The 31st Combat Support Hospital is open for 24-hour emergency services and specialty care by referral only.

The Army Troop Medical Clinic offers dental and optometry services. All immunizations will be given through the EMEDS Clinic.

However, it is highly recommended that individuals receive the proper immunizations (three anthrax shots, smallpox, typhoid, and influenza) prior to their arrival at the deployed location.

Personnel with asthma or breathing problems must be seen by their doctor prior to deployment - even people without symptoms can have their conditions flare up in this dusty environment.

For females on Depo-Provera birth control, if you bring a dose with you, the Air Force medical clinic will administer it.

Medical personnel recommend bringing some over the counter cough or cold medicine since people seem to develop some type of cold within their first three weeks.

Also bring a personal supply of Motrin or Tylenol. Bring a 150-day supply of your prescriptions. A 120-day supply will only cover your time deployed, but not the tran-

sition here and back.

Transmission of various preventable diseases such as colds, the flu, bacterial/fungal foot infections and food-borne/waterborne illnesses are a significant medical concern minimized by:

1. Washing and/or sanitizing your hands frequently (bring plenty of hand sanitizers like Purell with you)
2. Bathing regularly - personal hygiene is a must with special attention to taking care of your feet
3. Wearing shower shoes to/from the showers. Also, wear your shower shoes while taking a shower.
4. Wearing clean/dry socks and liberally using foot powder
5. Only consuming food, ice, water or beverage approved by the U.S. military
6. Using bottled water to brush your teeth

The area is known for its dangerous creatures (see previous page). Mosquitos carrying malaria and sand flies carrying leishmania are found in this region.

Bring insect repellent containing DEET and treat your uniforms with permethrin, prior to your arrival. Bed nets are available here and their consistent use will help prevent bites while you sleep. Upon arrival, treat your bed net with permethrin.

Chloroquine and doxycycline anti-malarial medications are authorized at Balad, but chloroquine is the drug of choice. You should not leave your home station without an anti-malarial.



Balad Air Base is home to the headquarters of the 332nd Air Expeditionary Wing. Balad Air Base is located approximately 42 miles north of Baghdad in the Sunni Triangle region, which was considered the power base of Saddam Hussein.

The 322nd AEW is comprised of the 407th, 506th, and 447th Air Expeditionary Groups located respectively at Tallil and Kirkuk Air Bases and Baghdad International Airport. The base is shared with the U.S. Army's 13th Corps Support Command, which is responsible for the operation of Logistical Support Area Anaconda, the largest Army supply center in Iraq.

The only wing in Iraq, the 332nd AEW is composed of almost 5,000 Air Force personnel spread out in various locations throughout Iraq. There is also extensive interaction with coalition forces from Great

Britain, Australia, Italy, Korea, Japan, the Netherlands, Romania and Estonia. Also under the 332nd AEW umbrella is the 732nd Expeditionary Mission Support Group, which provides oversight for the Air Force personnel who are operationally assigned to U.S. Army units throughout Iraq.



The 332nd AEW of today traces its evolution to the 332nd Fighter Group, best known for the famed Tuskegee Airmen. First activated on July 4, 1942, this impressive unit lived by the values they had placed in their unit emblem. The panther symbolizes the unit's strength, dedication and devotion to duty, while the fire emitted from its mouth represents the unit's capability to accomplish the Army Air Corps mission.

Today, the 332nd AEW continues that tradition as it supports the stabilization and reconstruction phase of OPERATION IRAQI FREEDOM.



Handy Balad Telephone Numbers

DSN Area Code: (318)
PERSCO: 458-1128
ATOC: 458-1065
Lodging: 458-1502/1501
COMM help desk: 458-1000
Vehicle Ops: 458-1188

Command Post: 458-1122
EMEDS front desk: 458-1778
Public Health: 458-1709
Finance: 458-1529
Public Affairs: 458-1064
Pass & Identification: 458-9012

Staying out of trouble

Know General Order No. 1A

General Order No. 1A identifies conduct that is prejudicial to the maintenance of good order and discipline of Air Force personnel assigned to or attached to duty with the Ninth Air Force units within the United States Central Command's area of responsibility. The general order is a punitive order in effect while at Balad Air Base.

General Order No. 1A prohibits:

- ☐ Possession, manufacture, importation, distribution and consumption of alcohol
- ☐ Introduction purchase, possession, use, sale, transfer, manufacture, or consumption of any controlled substances or drug paraphernalia. The original prescription label of the prescribing medical facility or authority must accompany prescription drugs
- ☐ Introduction, possession, transfer, sale, creation, or display of any pornographic or sexually explicit material. This includes, but is not limited to photos, videotapes, movies, drawings, cartoons, books and magazines. "Sexually explicit" means depiction or description of nudity, including sexual or excretory activities or organs, in a lascivious or lustful way. The exceptions are magazines or videotapes lawfully obtained in AAFES, AFRTS and MWR facilities
- ☐ Purchase, possession, use or sale



of privately owned firearms, explosives or ammunition

- ☐ Gambling of any kind including sports pools, lotteries and raffles
 - ☐ Entrance into a mosque or other site of Islamic religious significance unless directed by military authorities as part of a military necessity or official tour
 - ☐ Removing, possessing, selling, defacing, or destroying archaeological artifacts or national treasures
 - ☐ Selling, bartering, or exchanging any currency at other than at the official exchange rate
 - ☐ Adopting mascots, caring for or feeding any type of domestic or wild animals
 - ☐ Proselytizing (preaching) or attempting to win converts to any religion, faith or practice
 - ☐ Taking war trophies as souvenirs
 - ☐ Attending host nation disciplinary ceremonies of any kind, such as public executions.
- Violations of the above rules are punishable under Article 92 of the Uniformed Code of Military Justice.

Infrastructure



Latrines

-The current Iraqi water and sewage system is either unsatisfactory or broken. So water and sewage must be trucked in and out. The latrine system consists of Porta potties and sheltered toilets (left). The shelters also have sinks, mirrors and interior lighting as well.

Power

-Power inside the trailers is 220 volts, so converters will be needed for authorized items such as alarm clocks and irons. There are some power failures (planned and unplanned), so it is recommended that you bring a battery powered clock. Also, due to the power frequency, alarm clocks tends to gain or lose several minutes per day.

Environmental hazards

Wildlife

Balad has its share of wildlife. Most of them are hazardous. Be careful where you walk, watch what you turn over, and check your boots, sleeping bags, and clothes if left on the floor. Below are some examples of animals you may encounter here:

- ☐ *Camel spiders* - These seem to come out of hiding during windy conditions. They don't seem to be very aggressive, but they will hiss and are ugly.
- ☐ *Field mice* - There are more of these than you can shake a stick at.

Keep all food in containers to avoid having one as a roommate.

☐ *Scorpions* - These are around and they have stung people. They are usually found in dark places like under sandbags, boxes, etc.

☐ *Snakes* - There have been several sightings in tent city.

Consider all snakes poisonous and avoid them.

☐ *Sand flies* - These tiny, pinhead sized insects come out and bite at night. Use a bed net to keep them out while sleeping and treat your uniforms with permethrin. Wearing DEET also keeps these pests away.



Balad Finance Office

The 332nd AEW Finance Office is located in the trailers surrounding the courtyard West of the 332nd Communications Squadron (Bldg. 4014). The hours of operation are: **Monday-Saturday, 8 a.m. to 6 p.m.** Some of the services offered at the finance office include check cashing (458-1029), customer service (458-1529), accounting (458-1026) and comp-troller (458-1530).

Essential items to bring:

☐ Checks. There are no ATMs at Balad Air Base, so it's recom-

mended that individuals bring personal checks or traveler's checks for cash. The check-cashing limit is \$200 per week.

☐ Passwords to MyPay and vMPF. These sites provide access to your pay information and vMPF allows you to file accrual travel vouchers online so your Government Travel Card can be paid while you are deployed. We can assist in obtaining a password to MyPay, but it takes several days. It's recommended that you visit www.dfas.mil before you deploy to establish an account.

MAIL CALL

Deployed Airmen can send mail free to their families and friends, as long as it is 13 ounces or less, and has the words "Free Mail" marked clearly in the upper right corner, where the stamp would be. Mail going to another air post office is also free — "MPS" goes in place of the stamp. All other mail must be metered and processed at the Army APO at Bldg. 4178. The post office opens at 9 a.m. and closes at 5 p.m. Monday through Saturday. Mail can take anywhere from 10 to 30 days to arrive.

Need legal advice?

Balad's legal office is open from:

Monday -Saturday

8 a.m. to 8 p.m.

Sundays

1 - 8 p.m.

Call 458-1148/1136

for more information.

QUALITY OF LIFE



There is a base exchange. Checks and credit cards are accepted, but cash is the quickest way to get through a typically long line.



The Tuskegee Town Fitness Center has treadmills, elliptical and stationary bicycles in addition to a weight room with free weights and machines.



The Sustainer Theater gives free showings of current movies.

Lodging

- ☐ Modular dorm or trailer (4 to 8 people per room in dorms, 2 per room in trailers)
- ☐ Twin beds
- ☐ Wall lockers for each person
- ☐ Linens provided
- ☐ Irons/ironing boards offered

Laundry

- ☐ Self-service facility (detergent provided)



Men must wear baggy shorts, PT shorts, or swim trunks and women must wear a one-piece bathing suit, PT uniform, or two-piece sport swimsuit at the pools here. There is one indoor and one outdoor pool.



There are four dining facilities on the compound.



The Tuskegee Town Recreation Center has movies, pool and foosball tables, PlayStation Games, Counterstrike network games, DVD checkout and a snack bar.

- ☐ Three-day drop off service available

Shoppette

- ☐ Located conveniently near Tuskegee Town (next to Beauty Salon & Press Shop)

Chapel

- ☐ Variety of different services and located in Tuskegee Town

Keys to a successful deployment

Your unit deployment manager should provide you with the necessary supplies and equipment to survive your deployment. Since every deployment is different, below are suggestions of what to bring compiled by former "Baladians."

The list is by no means all-inclusive, but should give you a general idea of conditions here. It is not necessary to bring a four months supply of toiletry items. There is a base exchange where items are available; however the exchange does not have all the well-known name brands. If you like a specific kind of something – bring it with you.

Just a reminder, dirt and sand are large parts of your Balad experience. Keep that thought in mind when you determine what to bring with you. High temperatures during the summer months are in the 120s; during the winter, highs are in the 60s, with lows in the 30s.

Workplace

- ❑ Four sets of DCUs are authorized, but if you have others bring them. For deployments April 1 through 1 Nov., be sure to treat them with permethrin. The mosquitoes and biting sand flies are out in force during the spring and fall months.
- ❑ A current copy of your Information Assurance (formerly SATE) training to obtain your email accounts.
- ❑ A pair of steel-toed combat boots
- ❑ Two hats (floppy, baseball or 8-point Marine-style). Hats get dirty quickly.
- ❑ Gortex DCU raincoat, it's too hot for

field jacket and they don't dry out well in the rainy season (November through March)

- ❑ ID holder (similar to flightline badge holder)

Living area

Deployed E-4s and below live in dormitories, E-5s and E-6s live two-per-room in trailers, and E-7s and above usually have their own room. At the beginning of your rotation, you may be temporarily assigned to a tent due to higher-than-normal personnel numbers.

- ❑ OPTIONAL: Twin-sized sheets, pillowcases, a pillow and a blanket. The Lodging Office issues linens, but you may bring your own.
- ❑ A small light, clip-on lamp or flashlight is a must so you can move around without waking others.
- ❑ Shower shoes
- ❑ Small plastic basket/bag to carry shower/shaving/hygiene items to and from bathroom
- ❑ LED headlamp works very well for night operations, better than flashlights and last longer than halogen bulbs
- ❑ Alarm clock, preferably battery powered
- ❑ Suction cup hooks to place on the outside/inside of locker to hang things on
- ❑ Clothesline/parachute cord — can be used for a number of things around the living area
- ❑ Mosquito net
- ❑ Screw-in pull chain light adapter
- ❑ Floor mat/rug for living space

Continued on next page

Keys to a successful deployment

Personal items

Most items are available in the Base Exchange, but if you prefer a special brand, bring it. Individuals will have a wall locker for storage purposes. Below are some suggested items:

- ❑ Glasses, if you wear contacts. There is so much grit in the air you will most likely end up wearing your glasses
- ❑ Neck pillow and personal fit hearing protection for those long flights over here and any flight
- ❑ Duct tape: the universal tool for fixing things or creating living areas
- ❑ Safety pins or clothespins to help with hanging sheets for your privacy area
- ❑ Padlocks, (in case the key has disappeared for a lock 4 rotations ago)
- ❑ Three bath towels
- ❑ Laundry bag
- ❑ Eye care products
- ❑ Foot powder
- ❑ Pocket knife or multi-tool
- ❑ Pepto Bismol
- ❑ Sunglasses
- ❑ Extension cord, power strip, surge protector (110 voltage in tents)
- ❑ Portable radio, DVD player / laptop
- ❑ Extra batteries – AAA, 9 volt and camera batteries are hard to find
- ❑ Books, CDs, DVDs, Rubix cube
- ❑ Cameras – There is no photo developing, so digitals are more popular.

Male

- ❑ Disposable razors or electric razor (220 power is predominate, but 110

is available)

Female

- ❑ Leave-in hair conditioner and things to expedite the shaving process
- ❑ Special types of conditioners, deodorant, hairspray
- ❑ Soap, facial cleanser, etc.

Clothing policies

Before you arrive: According to CENTAF policy, passengers traveling in and out of the AOR must wear conservative civilian attire. Civilian attire is defined as: sleeved shirts, dress pants/jeans fitted properly and of solid dark color; pants/shirts that don't have holes/tears and conservative shoes (or well maintained sneakers or hiking boots). Members cannot travel in open-toed shoes, sandals, flip-flops or dilapidated footwear.

After you arrive: Personnel are not authorized to wear civilian attire. DCUs or PT uniforms (tucked in) must be worn. CENTAF policy states the only authorized PT uniforms will be issued, or if unavailable, will be conservative, professional and with minimum ornamentation/illustrations. Profanity, sexually related, discriminatory or culturally sensitive content is prohibited. Shirts must have sleeves and be mostly solid in color. Black or brown uniform shirts are acceptable. Shorts must reach to the mid- or lower-thigh and will not be spandex.